



**WELL CHILD EXAM - LATE
CHILDHOOD: 10 YEARS**
(Meets EPSDT Guidelines)

DATE

LATE CHILDHOOD: 10 YEARS

PARENT AND CHILD TO
COMPLETE ABOUT CHILD

CHILD'S NAME

BROUGHT IN BY

DATE OF BIRTH

ALLERGIES

CURRENT MEDICATIONS

ILLNESSES/ACCIDENTS/PROBLEMS/CONCERNS SINCE LAST VISIT

TODAY I HAVE A QUESTION ABOUT:

YES NO

☐ ☐

My child eats breakfast every day.

YES NO

☐ ☐

My child seems rested when he/she awakens.

☐ ☐

My child is doing well in school.

☐ ☐

My child handles stress, anger, frustration appropriately.

☐ ☐

My child has one or more close friends.

☐ ☐

My child gets some physical activity every day.

WEIGHT KG/OZ. PERCENTILE

HEIGHT CM/IN. PERCENTILE

BLOOD PRESSURE

Diet

Sleep

☐ Review Immunization Record

☐ TB

☐ Dental Referral

☐ Hct/Hgb

Health Education: (Check all discussed/handouts given)

☐ Nutrition

☐ Child Care

☐ Regular Physical Activity

☐ Seat Belt

☐ Reading/Homework

☐ Helmets/Safety Gear

☐ Passive Smoke/Smoking

☐ Bedtime/Household Rules

☐ Dental Care

☐ Puberty/Menses Onset

☐ Other:

Assessment/Plan:

☐ Review of systems

☐ Review of family history

Screening:

MHZ

R

L

Hearing

4000

2000

1000

500

Vision

R 20/

L 20/

N

A

Development

☐

☐

Behavior

☐

☐

Social/Emotional

☐

☐

Mental Health

☐

☐

Physical:

General appearance

☐

☐

Chest

☐

☐

Skin

☐

☐

Lungs

☐

☐

Head

☐

☐

Cardiovascular/Pulses

☐

☐

Eyes

☐

☐

Abdomen

☐

☐

Ears

☐

☐

Genitalia

☐

☐

Nose

☐

☐

Spine

☐

☐

Oropharynx/Teeth

☐

☐

Extremities

☐

☐

Neck

☐

☐

Neurologic

☐

☐

Nodes

☐

☐

Gait

☐

☐

Describe abnormal findings and comments:

IMMUNIZATIONS GIVEN

REFERRALS

NEXT VISIT: 12 YEARS OF AGE

HEALTH PROVIDER NAME

HEALTH PROVIDER SIGNATURE

HEALTH PROVIDER ADDRESS

Your Child's Health at 10 Years

Milestones

Ways your child is developing between 10 and 12 years of age.

Your child should be getting in his permanent side teeth, the cuspids and bicuspid.

Between 10 and 12 many children will begin to develop as adults. Girls may start to get breasts and menstruate. Boys may get facial and pubic hair.

Talk with your child about body changes before they happen. Boys should know about beards, voice changes and wet dreams. Girls should know what to do when her period begins.

You can help your child learn new things by talking and playing with her. Make a game of practicing hand signals or saying "No" when a stranger offers her a ride.

For Help or More Information

Planned Parenthood, family planning agencies, health departments and community colleges may have "Mom and Me" or "Dad and Me" classes to help explain growing up to boys and girls. You can call 1-800-375-2666.

Firearm safety:

Safe Storage Hotline,
1-800-LOK-IT-UP (565-4887)

Car seat safety: Safety Restraint Coalition, 1-800-BUCK-L-UP (voice) or 1-800-833-6388 (TTY Relay)

Parenting Skills or Support: Family Help line, 1-800-932-HOPE (4673) Family Resources Northwest, 1-888-746-9568 Local Community College Classes

Health Tips

Your child should see the doctor for a checkup at least every other year.

She should see the dentist every six months. Be sure that she is brushing correctly with fluoride toothpaste and flossing daily.

You and your child should exercise 20 to 30 minutes each day. You could go for a walk or roller blade together. This is an important habit for her to learn.

Parenting Tips

Have your child help you plan meals and make meals every week. This is a good time for him to practice choosing all of the parts of a healthy meal.

Touching, hugging, and kissing your child tells him you care. This is important even though your child may not want you to do it when their friends are around.

Teach your child what she can and cannot do when she is angry. Learning to settle a family argument peacefully helps her peacefully settle arguments with friends.

Safety Tips

Have family safety practices in your house:

- Test the smoke alarm and change the batteries when needed.
- Have fire drills and practice escape routes and crawling under the smoke.
- Keep all guns and rifles unloaded and locked up.
- Use seat belts every time anyone rides in a car.
- Use correctly the helmets and pads for biking, skating or using a scooter. Adults must use helmets and pads too!

Teach your child gun safety. They never play with real guns. If you keep guns in your home, make sure they are unloaded and locked up.

Guidance to Physicians and Nurse Practitioners for Late Childhood (10 years)

The following highlight EPSDT screens where practitioners often have questions. They are not comprehensive guidelines.

Fluoride Screen

Fluoride supplements should be considered for all children drinking fluoride deficient (<0.6 ppm F) water. Before supplements are prescribed, it is essential to know the fluoride concentration of the patient's drinking water. Once the fluoride level of the water supply has been evaluated, either through contacting the public health officials or water analysis, as well as evaluating other sources of fluoride, the daily dosage schedule can be recommended. Pediatric Dentistry: Reference Manual 1999--00.(21)5.

Bed-wetting

Most children who wet the bed over come the problem between 6-10 years of age. Even without treatment all children eventually get over it. It is important for primary care practitioners to discuss with parents any concerns about their child's incontinence and potential treatment options during the annual exam. Use clinical judgment with treatment.

Total Cholesterol/Lipoprotein Screens

- Screen children with a parent or grandparent with premature (before age 55) cardiovascular disease.
- Recommend lipoprotein screen for children with a total cholesterol equal to or greater than 170 on two tests with a parent whose cholesterol is greater than or equal to 249 mg/Dl.

Developmental Milestones

Always ask parents if they have concerns about development or behavior.

Notes: Immunization schedules are from the Advisory Committee on Immunization Practice of the U.S. Centers for Disease Control and Prevention.